

TASK 3b

Fill in the gaps (23 – 30) in the following text with **ONE** suitable word. Write down the correct word on the answer sheet provided. **0** is the example. (8 marks)

WAKING UP TO YOUNG KIDS' SLEEP TROUBLES

According to the National Sleep Foundation, two-thirds of kids in the years through middle school aren't getting adequate sleep, **0** **which** (Example), for these ages, is 10 to 12 hours.

These kids aren't merely a pain for teachers, but also can develop serious health and developmental issues. Their sleep-deprived bodies release "counter-regulatory" hormones, particularly adrenaline and cortisol, that not only **23** them hyperactive and incapable of focusing but also causes short-circuit development, as the brain's repair-and-restore cycle doesn't have enough time to complete **24** dance.

Educators speak of kids who come to school exhausted **25** they were out with their own parents, or at a family event, the night before. Working parents talk about how guilty they feel about their schedules, or how badly they want to spend more time with their kids, **26** makes them prone to allowing their kids to stay up late. Pediatricians talk about parents who don't know how to set limits—to say, as so many parents once **27**, "It's bedtime, lights out, sleep tight."

But sleeping tight is hard when 42% of children have televisions in their bedrooms, according to the National Sleep Foundation. Then there are after-school sports, music lessons, tutoring, hours of homework. Add a bedtime Internet habit, and you've got one fine recipe **28** a wound-up kid.

Everyone talks about lack of down time for today's kids, so far removed from those endless hours **29** long-ago childhoods. Now, nearly everyone knows a prepubescent **30** days are so packed that they start earlier and get home later than most working adults.

Adapted from the Wall Street Journal

A) READING COMPREHENSION

TASK 1: THE TOP SEVEN DO NOTS AT JOB INTERVIEWS

0	H	1	C	2	E	3	I	4	A	5	B	6	F
---	---	---	---	---	---	---	---	---	---	---	---	---	---

TASK 2: ORIGINS .Circle the right answer.

Example:

0	a)	b)	c)
---	----	----	-----------

7	a)	b)	c)	9	a)	b)	c)	11	a)	b)	c)	13	a)	b)	c)
---	----	-----------	----	---	-----------	----	----	----	----	----	-----------	----	----	-----------	----

8	a)	b)	c)	10	a)	b)	c)	12	a)	b)	c)	14	a)	b)	c)
---	----	-----------	----	----	----	----	-----------	----	-----------	----	----	----	----	-----------	----

TASK 3a: DANCING WITH DARCEY. Circle the right answer.

Example:

0	a)	b)	c)	d)
---	-----------	----	----	----

15	a)	b)	c)	d)	17	a)	b)	c)	d)	19	a)	b)	c)	d)	21	a)	b)	c)	d)
----	----	----	-----------	----	----	----	-----------	----	----	----	----	----	----	-----------	----	----	-----------	----	----

16	a)	b)	c)	d)	18	a)	b)	c)	d)	20	a)	b)	c)	d)	22	a)	b)	c)	d)
----	----	----	----	-----------	----	-----------	----	----	----	----	----	-----------	----	----	----	----	----	----	-----------

TASK 3b: WAKING UP TO YOUNG KIDS' SLEEP TROUBLES .Write the word.

Example:

0	which
---	-------

23	make	25	because	27	did	29	of
----	------	----	---------	----	-----	----	----

24	its	26	what/which	28	for	30	whose
----	-----	----	------------	----	-----	----	-------

TOTAL SCORE ____ / 30